

## Grow

Gardening can be as small as a container garden in a window or as large as a child care habitat. If you are new to gardening with preschoolers, **start small** and then expand as your confidence and experience increases.

[“Gardening for Child Care Providers”](#) includes **several simple tips for starting** a container garden or an outdoor garden as well **as suggestions of easy foods to grow** in an early childhood setting.

[“Building Gardens for Preschoolers”](#) is a detailed **video** made by Georgia Organic’s Farm to Preschool program providing **instructions on how to build a garden** and what to consider including bed size, location of the garden, materials needed, planting, maintenance, and more.

[“Starting a Preschool Garden”](#) explains the **advantages and challenges** of developing a garden. Here you can find **tips for several different styles of gardening**: inside planting, container gardens, planting directly into the ground, or into raised beds AND what you need to know about watering, seeds, and soil and even about **gardening in different types of child care centers**.

[“Food Gardening Guide”](#) has **guides for growing various vegetables, fruits, and herbs** with specific details about planning, preparation, planting, care, and harvesting for each plant.

[“Planting a Kitchen Garden”](#) is a simple guide for planting a **small indoor herb garden** from the Department of Children & Families’ “Prevent Obesity” Initiative.

[“Find Your Local IFAS Extension Offices”](#) The University of Florida’s extension offices are located throughout the state. They provide many resources that may help with starting a garden from soil inspection, partnerships with Master Gardeners, to classes and workshops. Contact your local extension office to **learn what local services and resources are available**.

*Note: CCFP funds can be used to purchase items for gardens such as seeds, fertilizer, watering cans, rakes, and more as long as the produce grown in the garden will be used as part of the reimbursable meal or for nutrition education activities. This also includes purchasing training materials, gardening curriculum, and field trips to local farms and farmers’ markets.*